



Northampton Aquatic & Family Center

JFK Middle School, 100 Bridge Road, Florence, MA 01062



POOL SCHEDULE & CALENDAR FEBRUARY 1-14, 2020



AFC: 413-587-1046, Activity/Cancellation Hotline: 413-587-1044

Check schedule carefully. Call ahead to inquire about lane availability.

Proper swimming attire is required, no cotton clothing.

Please contact the Aquatics Supervisor if your group is 8 or more or during birthday parties to ensure proper staffing levels.

Weekday morning policy: Swimmers leaving after 7:30 a.m. MUST exit pool area (including those using locker rooms) through pool deck glass doors.

AFC Facility Will be Closed All Day February 17

Pool Will Close at 3 pm Sunday February 9 for Lifeguard In-Service

Extra Swimming Times: February 18 & 21 opening @12pm

Extra Swimming Times: February 19 & 20 opening @12-1:15pm

High School Swimming/Diving Ends Friday February 14 - check calendar for time changes

MONDAY:	6:00 - 7:00 am	Lap swim (6 Lanes)
	7:00 - 7:25 am	Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
	3:15 - 5:30 pm	Open swim with Diving Board
	3:15 - 6:30 pm	Lap swim (3 Lanes)
	5:30 - 6:30 pm	Aqua Zumba / NO Open Swim
	6:30 - 8:30 pm	NHS Swim/Dive Team
TUESDAY:	6:00 - 7:40 am	Lap swim/Masters (3/4 Lanes)
	4:00 - 6:00 pm	NHS Swim/Dive Team
	6:00 - 7:00 pm	Lap swim (3 Lanes) / Water Aerobics / NO Open Swim
	7:00 - 8:00 pm	Lap swim (3 Lanes) / Open swim with Diving Board
WEDNESDAY:	6:00 - 7:00 am	Lap swim (6 Lanes)
	7:00 - 7:25 am	Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
	3:15 - 5:30 pm	Open swim with Diving Board
	3:15 - 6:30 pm	Lap swim (3 Lanes)
	5:30 - 6:30 pm	Water Aerobics / NO Open Swim
	6:30 - 8:30 pm	NHS Swim/Dive Team
THURSDAY:	6:00 - 7:40 am	Lap swim/Masters (3/4 Lanes)
	4:00 - 6:00 pm	NHS Swim/Dive Team
	6:00 - 7:00 pm	Lap swim (3 Lanes) / Water Aerobics / NO Open Swim
	7:00 - 8:00 pm	Lap swim (3 Lanes) / Open swim with Diving Board
FRIDAY:	6:00 - 7:00 am	Lap swim (6 Lanes)
	7:00 - 7:25 am	Lap swim (3 Lanes) / Aerobics (until 7:40 am)
	3:15 - 5:15 pm	NHS Swim
	4:00 - 6:00 pm	NHS Dive Team
	5:15 - 7:30 pm	Lap swim (3 Lanes) / Open swim with Diving Board
SATURDAY:	9:30 am - 5:00 pm	Lap swim (3 Lanes)
	9:30 am - 11:00 am	Swim Lessons / Open swim (Deep water only / NO Diving Board)
	11:00 am - 12:00 pm	Swim Lessons / NO Open swim
	12:00 pm - 5 pm	Open swim with Diving Board
SUNDAY:	10:00 am - 4:30 pm	Lap swim (3 Lanes)
	10:00 am - 4:30 pm	Open swim with Diving Board

*****NORTHAMPTON, FLORENCE, & LEEDS SENIORS (Age 55 & over) SWIM FREE ON SUNDAY*****

OPEN SWIM: The diving board, where indicated, and 3 lanes are open for leisure swim. Bring your friends and family just for fun.

LAP SWIM: Designated lanes for swimming laps and aquatic fitness use **ONLY**. Get fit swimming. () = Number of lanes available for lap swimming

LAP SWIMMING ETIQUETTE; PLEASE READ: Lap lanes are available for adults (16 years or older). When swimming alone, you have the entire lane; 2 people split the lane; 3 or more swim in circles: up one side and down the other. Speed is not important; faster people will pass slower people and everyone works at their own pace. Please inform all other swimmers when you join a lane, to prevent accidents. If a lane is empty, children may swim **LAPS** in that lane until an adult arrives then the child must leave the lane. Lockers are for day use only.

LOCKERS ARE FOR DAILY USE ONLY NO LOCKS OVERNIGHT

AFC at JFK Middle School, 100 Bridge Road, Florence, MA 01062

Pool Office Hours Monday-Friday, 4:00-7:00 pm, Saturday 10:00 am-4:00 pm & Sunday 11 am-4:00 pm, 413-587-1046

Northampton Recreation Department 100 A Bridge Road, Florence, MA 01062

Monday-Friday, 8:30 am-4:30 pm, 413-587-1040

www.northamptonma.gov/recreation

Over for February Pool Calendar

Revised 1/27/20



JFK Pool Schedule February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Lap(3 Lanes) 10am-4:30pm Open Swim (with Diving Board) 10am-4:30pm Free Senior Swim 10am-4:30pm	3 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-6:30pm Open Swim (with Diving) 3:15-5:30pm Aqua Zumba 5:30-6:30pm NHS 6:30-8:30pm	4 Lap/Masters (3/4 Lanes) 6-7:40am NHS 4-6pm Lap(3 Lanes) 6-8pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-8pm	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Daily Pool Lap/Open Swim Fees Resident Adult: \$5.00 Resident Senior/Youth: \$4.00 Non-Resident Adult: \$6.00 Non-Resident Senior /Youth: \$5.00 </div> 5 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-6:30pm Open Swim (with Diving) 3:15-5:30pm H2O Aerobics 5:30-6:30pm NHS 6:30-8:30pm	6 Lap/Masters (3/4 Lanes) 6-7:40am NHS 4-6pm Lap(3 Lanes) 6-8pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-8pm	7 Lap 6-7:25am H2O Aerobics 7-7:40am NHS 3:15-5:15pm Diving 'til 6pm Lap(4 Lanes) 5:15-7:30pm Open Swim (with Diving) 5:15-7:30pm	1 Lap(3 Lanes) 9:30am-5pm Swim Lessons/Open Swim (Deep Water Only) 9:30am-11:00am Swim Lessons/NO Open Swim 11:00am-12pm Open Swim (w diving) 12pm-5pm
9 Lap(3 Lanes) 10am-3pm Open Swim (with Diving Board) 10am-3pm Free Senior Swim 10am-3pm Lifeguard In-Service 3-5pm	10 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-6:30pm Open Swim (with Diving) 3:15-5:30pm Aqua Zumba 5:30-6:30pm NHS 6:30-8:30pm	11 Lap/Masters (3/4 Lanes) 6-7:40am NHS 4-6pm Lap(3 Lanes) 6-8pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-8pm	12 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-6:30pm Open Swim (with Diving) 3:15-5:30pm H2O Aerobics 5:30-6:30pm NHS 6:30-8:30pm	13 Lap/Masters (3/4 Lanes) 6-7:40am NHS 4-6pm Lap(3 Lanes) 6-8pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-8pm	14 Lap 6-7:25am H2O Aerobics 7-7:40am NHS 3:15-5:15pm Diving 'til 6pm Lap(4 Lanes) 5:15-7:30pm Open Swim (with Diving) 5:15-7:30pm	15 Lap(3 Lanes) 9:30am-5pm Swim Lessons/Open Swim (Deep Water Only) 9:30am-11:00am Swim Lessons/NO Open Swim 11:00am-12pm Open Swim (w diving) 12pm-5pm
16 Lap(3 Lanes) 10am-4:30pm Open Swim (with Diving Board) 10am-4:30pm Free Senior Swim 10am-4:30pm	17 AFC CLOSED (President's Day)	18 Lap/Masters (3/4 Lanes) 6-7:40am Hamp Rec 10:30-11:45am Lap(3 Lanes) 12-7:30pm Open Swim (with Diving) 12-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	19 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes)/Open Swim (with Diving) 12-1:15pm Hamp Rec 1:30-2:45am Lap(3 Lanes)/Open Swim (with Diving) 3-5:30pm H2O Aerobics 5:30-6:30pm Open Swim (with Diving) 6:30-7pm	20 Lap/Masters (3/4 Lanes) 6-7:40am Lap(3 Lanes)/Open Swim (with Diving) 12-1:15pm Hamp Rec 1:30-2:45am Lap(3 Lanes)/Open Swim (with Diving) 3-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	21 Lap 6-7:25am H2O Aerobics 7-7:40am Hamp Rec 10:30-11:45am Lap(3 Lanes) 12-6:30pm Open Swim (with Diving) 12-6:30pm	22 Lap(3 Lanes) 9:30am-5pm Swim Lessons/Open Swim (Deep Water Only) 9:30am-11:00am Swim Lessons/NO Open Swim 11:00am-12pm Open Swim (w diving) 12pm-5pm
23 Lap(3 Lanes) 10am-4:30pm Open Swim (with Diving Board) 10am-4:30pm Free Senior Swim 10am-4:30pm	24 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-7:00pm Open Swim (with Diving) 3:15-5:30pm Aqua Zumba 5:30-6:30pm Open Swim (with Diving) 6:30-7pm	25 Lap/Masters (3/4 Lanes) 6-7:40am NHS 4-6pm Lap(3 Lanes) 4-7:30pm Open Swim (with Diving) 4-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	26 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-6:30pm Open Swim (with Diving) 3:15-5:30pm H2O Aerobics 5:30-6:30pm Open Swim (with Diving) 6:30-7pm	27 Lap/Masters (3/4 Lanes) 6-7:40am Lap(3 Lanes) 4-7:30pm Open Swim (with Diving) 4-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	28 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-6:30pm Open Swim (with Diving) 3:15-6:30pm	29 Lap(3 Lanes) 9:30am-5pm Open Swim (w diving) 9:30am-5pm

Revised 1/22/20